

17

side, the strut forming an ankle joint permitting closed kinetic chain motion of the prosthesis in gait about an ankle joint axis oriented such that said motion is in the sagittal and frontal planes, wherein a hole extends through said resilient member with the periphery of the hole forming an anterior side surface of said strut, wherein said resilient member anterior to said hole includes a gap to permit said motion about said ankle joint axis, and wherein the anterior side surface of said strut and a posterior side surface of said strut are anterior facing convexly curved.

11. The prosthesis according to claim 10, wherein said hole as seen in a cross section of the resilient member in the sagittal plane is elongated upwardly such that said strut is upstanding.

12. The prosthesis according to claim 10, wherein said strut extends in the direction of the human ankle joint axis.

13. The prosthesis according to claim 10, wherein the height of said gap is selected so that a lower surface of said member defining said gap acts as a stop against an opposing upper surface defining said gap to limit the amount of said motion about said ankle joint axis in dorsiflexion.

14. The prosthesis according to claim 10, wherein said hole extends in a direction parallel to said joint axis of said ankle joint.

15. The prosthesis according to claim 10, further comprising an adapter connected to the prosthesis above the ankle joint, the adapter having a socket for receiving a member to detachably connect the prosthesis to an amputee's leg stump.

16. The prosthesis according to claim 15, wherein said adapter includes a member containing said socket, a base underlying said member, and a releasable fastener connecting said member on said base to permit relative rotation of the member and the base.

17. The prosthesis according to claim 16, wherein said relative rotation of the socket containing member on the base of the adapter is in the transverse plane.

18. The prosthesis according to claim 15, wherein said adapter includes a plurality of adjustable fasteners for changing the position said member is received in said socket.

18

19. The prosthesis according to claim 18, wherein said adapter with socket and adjustable fasteners permit anterior-posterior, medial-lateral, and tilt adjustments of the member and prosthesis.

20. A prosthetic foot comprising a forefoot portion, a midfoot portion and a hindfoot portion, said hindfoot portion including an ankle joint permitting closed kinetic chain motion of the prosthetic foot in gait, said ankle joint having a joint axis oriented with a medial side which is more anterior than a lateral side for permitting motion of said hindfoot portion about said ankle joint axis which is in the sagittal and frontal planes said ankle joint being formed integrally with said hindfoot portion by a strut of resilient material of said hindfoot portion, wherein a hole extends through said hindfoot portion with the periphery of the hole forming an anterior side surface of said strut, wherein the hindfoot portion anterior to said hole includes a gap to permit said motion of said hindfoot portion about said ankle joint axis, and wherein said strut and said hole are configured such that the anterior side surface and a posterior side surface of said strut are anterior facing convexly curved.

21. A prosthesis comprising:

a foot;

an ankle;

wherein the foot and ankle are monolithically formed as a resilient member including a strut which has a medial side which is more anterior than a lateral side and which forms an ankle joint permitting closed kinetic chain motion of the prosthesis in gait about an ankle joint axis oriented such that said motion is in the sagittal and frontal planes, wherein a hole extends through said resilient member with the periphery of the hole forming an anterior side surface of said strut, wherein said resilient member anterior to said hole includes a gap to permit said motion about said ankle joint axis, and wherein said hole is elongated upwardly such that said strut is upstanding, and wherein said anterior side surface and a posterior side surface of said strut are anterior facing convexly curved.

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